



# CW Resources Senior Community Café



## February, 2016



1% or Skim milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### \$2.00 SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Hearty Vegetable Soup Unsalted Crackers Meatloaf Mushroom Gravy Whipped Potatoes Buttered Beets  Multigrain Bread  Tropical Fruit	<b>2</b> Orange Juice Apricot Glazed Grilled Chicken Breast Stuffing California Blend Veggies  Rye Bread  Birthday Cake	<b>3</b> Spaghetti with Meatballs Parmesan Cheese Garden Salad Italian Dressing  Garlic Bread  Pineapple Chunks	<b>4</b> Cranberry Juice LS Sliced Ham Mustard Glaze Sweet Potatoes Cauliflower and Red Pepper  Wheat Bread  Fresh Apple	
<b>8</b> Roast Beef Beef Gravy Baked Potato <b>Carrots</b>  Potato Bread  Mixed Fruit Cup	<b>9</b> Cranberry Juice Egg and Pepper Bake Tater Tots <b>Mixed Veggies</b>  100% Whole Wheat  Peaches	<b>10</b> Mushroom Barley Soup Unsalted Crackers Baked Fish Lemon Pepper Sauce Rice Pilaf Steamed Broccoli Oatmeal Bread  Ice Cream Cup	<b>11</b> Grape Juice Turkey Noodle Casserole <b>Beets</b>  100% Whole Wheat  Peaches	
<b>President's Day 15</b> <b>Closed</b> 	<b>16</b> Grape Juice Cranberry Glazed Grilled Chicken Breast Couscous Winter Blend Veggies  Dinner Roll  Oatmeal Crème Pie	<b>17</b> Open Faced Turkey Sandwich with Gravy Stuffing Green and Gold Beans Cranberry Sauce  12 Grain Bread  Fresh Orange	<b>18</b> Orange Juice Eggplant Parmesan Meat Sauce Ziti Italian Blend Veggies  Italian Bread  Apricots	Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237
<b>22</b> Apple Juice Beef Stew Diced Potatoes Broccoli  Biscuit  Oatmeal Raisin Cookies	<b>23</b> Baked Grilled Chicken with Orange Ginger Sauce Fried Rice Spinach  Italian Bread  Tropical Fruit Cup	<b>24</b> <b>Orange Juice</b> <b>Hamburger</b> <b>Potato Salad</b> <b>Hot, Buttered Beets</b> <b>Lettuce</b> <b>Ketchup</b> <b>Hamburger Bun</b>  <b>Rice Pudding</b>	<b>25</b> Sliced Pork with Apple Cranberry Glaze Apple Cranberry Sauce Herbed Couscous Carrots  100% Whole Wheat  Cinnamon Applesauce	
<b>29</b> Chicken Patty Steak Fries Broccoli Florets Lettuce and Tomato Ketchup  Hamburger Bun  Pineapple Chunks	